



JUNE 2024

The Loft Hours: Monday-Friday 8:30am-4pm
Please call to sign up for groups 519-371-3642 ext 2000
 (ext 2002 will also reach Shawna) *Reminder to please stay home if feeling unwell*

M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
3 The Loft News Letter 1-3pm	4 Owen Sound Baseball & BBQ 1pm meet at the Loft Mental Health Walk in clinic Loft 1-3pm	5 Social Drop-in 10-12 Adding to our DIY Cookbook 1-3pm	6 Social Drop-in 10-12 Summer Calendar planning Poetry writing 1-3pm	7 <u>No Group Today</u>
10 Flip animation workshop with Nathan 1-3pm	11 Trail walk 10am Meet at the Loft Mental Health Walk in clinic Loft 1-3pm	12 Social Drop-in 10-12 Karl Wilkens Park: making mandalas out of nature to photograph 1-3pm	13 Walkerton Trip: Garden center, thrift shop, and Dairy Queen 10am meet at the Loft	14 Group Services Breakfast Club 10-12pm - \$3.00 Euchre Tournament 1-3 At the Loft <u>Sign up with Verity</u>
17 Catan Board Game 1-3pm	18 Social Drop-in 10-12 Mental Health Walk in clinic Loft 1-3pm	19 Sauble Beach Camp Day Meet at the Loft 10am \$5.00 cost Lunch provided	20 Coffee at Heritage Square 10-12pm	21 Group Services Swimming at P&H Centre 10am—\$6.50 Kitchen Social 1- 3pm At the Loft <u>Sign up with Verity</u>
24 Craft: nature prints and homemade water colour paint using natural materials 1-3pm	25 Movie: Inside Out 2 Meet at Paramount Theatre 9:30am \$6.00 - ticket (\$13 for ticket + sm drink and popcorn) Mental Health Walk in clinic Loft 1-3pm	26 Luna the Therapy Dog and Social Drop-in 10-12pm Healthy Minds Workshop: Routines 1-3pm	27 Campfire at the Coach House 10am meet at Loft	28 <u>No Group Today</u>
				

Who are we?

The Canadian Mental Health

Association (CMHA) Grey Bruce Branch, is part of a national not-for-profit organization with approximately 135 branches. The CMHA, founded in 1918, is one of Canada's oldest voluntary associations and is the only one that deals with all aspects of mental health and mental illness.

Our Vision

A community which values human dignity and in which each person is supported in achieving optimum mental and emotional health and well being.

Our Mission

To provide programs and services that support the resilience and recovery of people experiencing mental disorders and to enhance, maintain and promote the mental and emotional health of all individuals in Grey and Bruce county.

Our Core Values

We value:

1. Consumer-centred programs and services
2. Accountability in delivery of service
3. Innovation in program design and implementation
4. Collaboration through partnerships
5. A holistic approach

*And we celebrate diversity
and a sense of belonging
in the community*

The Leisure Links Program is a social, recreational program of the CMHA. This program provides opportunities for people with mental health issues to meet others in an informal, relaxed and friendly environment.

Social interaction with others and assistance to connect with activities within the community is also available through the Leisure Links Program.



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

The Loft



June 2024

**Social Recreation &
Rehabilitation Site
290 10th street,
Hanover ON N4N 1P2**

www.greybruce.cmha.ca

519-371-3642 Ext 2000

(Shawna's ext 2002)

1-888-451-2642